



Allegany County Health Department 2017 ANNUAL REPORT

A MESSAGE FROM THE HEALTH OFFICER



Jenelle Mayer, MPH Health Officer

The Allegany County Health Department is dedicated to its mission: Promote physical, behavioral, and environmental health, and prevent disease and disability in Allegany County. Health department programs and services touch the lives of county residents and visitors each and every day.

Allegany County Health Department carries out essential public health functions. We monitor local health issues, investigate health hazards, provide health education, work with community partners to solve health problems, develop policies and plans, enforce health laws and regulations, research innovative solutions to health problems, link people to needed services, and provide health care when is it otherwise unavailable.

The health department works with many partner organizations to improve public health. Partners include health care providers, social service agencies, schools, law enforcement agencies, nonprofit organizations, and more. The Allegany County Health Planning Coalition, co-chaired by the health department and the Western Maryland Health System, takes the lead on assessing community health needs and implementing local health improvement strategies.

We are proud to share the Allegany County Health Department 2017 Annual Report. As you review the Annual Report, you will see the significant impact the health department has on health, safety, and wellbeing in our county.

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Allegany County Overview

Allegany County is located in rural
Western Maryland and has a population of approximately 72,130 people. The county is part of the Appalachian region and has a larger elderly population, lower household incomes, and less racial diversity than the state of Maryland as a whole.

In Allegany County, 19.5% of the population is age 65 and older (compared to 14.6% in Maryland) and 18% of the county population is under age 18 (compared to 22.4% in Maryland). In Allegany County, 88.6% of the population is white, 8.1% is black, and 1.7% is Hispanic or Latino. Only 4.8% of residents speak a language other than English at home compared to 17.2% in Maryland.

Socioeconomic factors contribute to poor health outcomes in Allegany County. The median income in Allegany County is \$40,551, well below the state median of \$74,551 and the national median of \$53,889. In Allegany County, 17.2% of all individuals live in poverty compared to 9.7% in Maryland. While 88.3% of Allegany County adults have a high school diploma, only 17.4% have a bachelor's degree or higher compared to 37.9% in Maryland. Transportation is often a barrier with 16% of county residents reporting that they have missed medical appointments due to lack of transportation.

Behavioral factors also significantly influence health outcomes. Twenty-two percent (22%) of Allegany County adults smoke cigarettes (15% in Maryland), only 27.2% of adults are at a healthy weight (35% in Maryland), and 13.5% of adolescents are defined as obese (11.5% for Maryland). The rate of domestic violence in Allegany County is 607.2 crimes per 100,000 population, well above the State rate of 510.9.

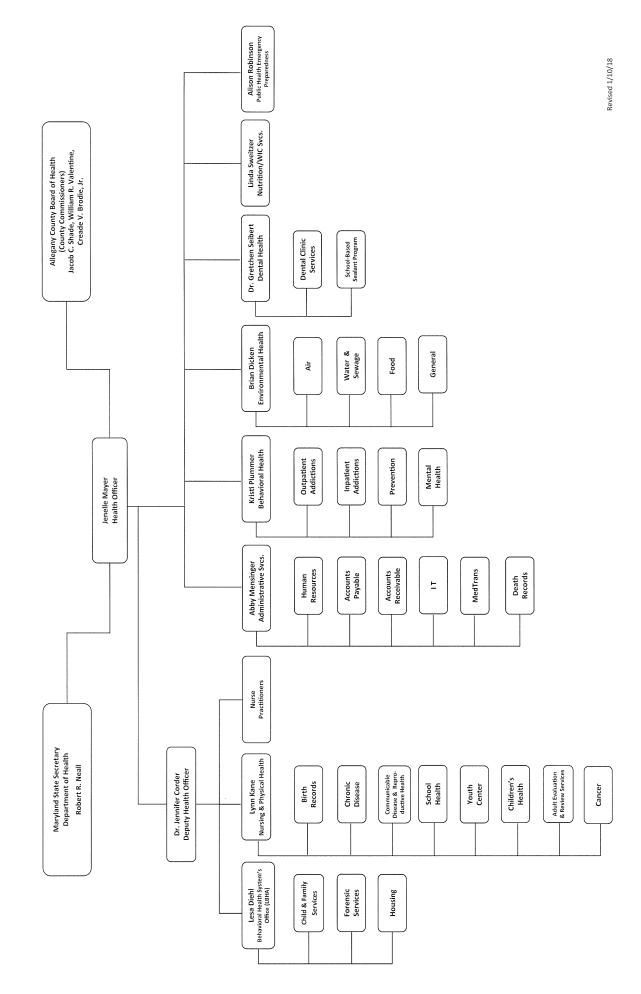
Allegany County residents experience high rates of chronic disease. The age-adjusted death rate for heart disease is 263 per 100,000 population in Allegany County compared to 169 in Maryland. The rate of emergency department (ED) visits for diabetes is 241 per 100,000 population (compared to 204 in Maryland). Allegany County has 4,723 behavioral health related ED visits per 100,000 population compared to 3,443 in Maryland.

Health Department Overview

The Allegany County Health Department is located in Cumberland, Maryland and serves Allegany County residents and visitors. With a staff of about 270 employees, the health department provides a wide range of public health programs and services. In fiscal year 2017, the Allegany County Health Department budget totaled \$23.6 million. The health department is funded with State funds, county funds, and collections. The Allegany County Health Department is led by Health Officer Jenelle Mayer, Deputy Health Officer Dr. Jennifer Corder, and a team of Department Directors (see the organizational chart on the next page). The health department is governed by the Maryland Department of Health and the Allegany County Board of Health. The Board of Health is comprised of the Allegany County Commissioners and the Health Officer. The Allegany County Health Department is nationally accredited by the Public Health Accreditation Board, and the Behavioral Health Program is accredited by the Commission on Accreditation of Rehabilitation Facilities. The health department participates in continuous quality improvement efforts to ensure that it is making ongoing improvements to enhance services and meet the needs of the community.



Allegany County Health Department Organizational Chart — FY2018



PROGRAMS AND SERVICES

Preventing the Spread of Disease

IMMUNIZATIONS

Vaccination is the best way to prevent life-threatening diseases. The health department Immunization Program provides vaccinations for children and adults through a weekly immunization clinic. Overseas immunizations are scheduled as needed and influenza vaccinations in schools are conducted each fall.

936 vaccinations were given in FY17

COMMUNICABLE DISEASE



Reporting cases of known or suspected infectious diseases allows public health authorities to ensure proper identification and follow-up to protect the public's health. The Communicable Disease Program follows individual cases to ensure proper treatment, identify potential sources of infection, provide education to reduce the risk of transmission, and take measures to reduce the spread of disease.

 412 communicable disease cases were investigated in FY17

SEXUALLY TRANSMITTED INFECTIONS (STI)

Allegany County has seen a rise in sexually transmitted infections. In 2017, there were 250 chlamydia infections and 29 gonorrhea infections reported. The STI Program operates a walk-in STI Clinic every Tuesday to provide comprehensive testing and treatment for sexually transmitted infections. The program also follows up with partners to arrange for testing and treatment.

 466 individuals (230 females and 236 males) were seen in the STI Clinic in FY17

Ensuring Healthy Pregnancies and Healthy Infants

REPRODUCTIVE HEALTH

Forty-five percent of pregnancies in Maryland are unintended. In FY17, the Reproductive Health Program

contracted with Tri-State Women's Health Center to provide comprehensive family planning services and preventive health care.

 1,269 women and 48 men received reproductive health services in FY17

THE WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM

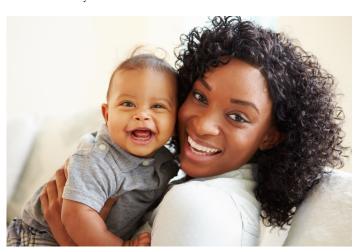
WIC is a federally funded program that provides nutrition and breastfeeding education and support, supplemental food and referrals to community resources. Those eligible are pregnant women, new mothers, infants, and children up to age 5 who meet income and residency guidelines. WIC works to promote healthy pregnancies, prevent health problems in children, and improve the long-term health, growth, and development of all WIC participants.

- 2,729 WIC participants were served at four clinic sites in FY17
- 8,707 participant visits in FY17

BREASTFEEDING SUPPORT

Breastfeeding is one of the most highly effective preventive measures a mother can take to protect the health of her infant. The WIC Program begins breastfeeding education with each pregnant woman in the program during her initial certification to assist her in making an informed decision about feeding her baby. The WIC Breastfeeding Peer Counselor Program works one-on-one with breastfeeding moms and babies, providing education and support with the goal of maintaining breastfeeding for at least six months.

- 112 breastfeeding moms received breastfeeding support in FY17
- 17% of Allegany County WIC infants were exclusively breastfed in FY17



HOME VISITING

In Allegany County, 23.3 out of every 1,000 children experience child maltreatment compared to 9.9 out of every 1,000 in Maryland. Healthy Families Allegany is a voluntary home visiting program designed to help parents of newborns get their children off to a healthy start. The program promotes positive parenting as well as child health and development. In April 2017, Healthy Families Allegany successfully underwent a rigorous accreditation that measured adherence to the Healthy Families America Best Practice Standards.

 30 Healthy Families Allegany assessments were completed in FY17

22 new participants were enrolled in FY17

449 visits were completed in FY17

Enhancing the Health of Children and Adolescents

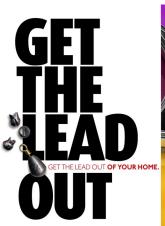
CHILD DEVELOPMENT

One in six children (ages 3-17) has a developmental disability and early intervention can have a significant impact on the child's ability to learn and thrive. The Allegany County Infants and Toddlers Program is a combined effort of the Allegany County Health Department, Board of Education, and Department of Social Services to provide early intervention services to children ages 0-4 who are at risk for developmental delay.

165 children were case managed in FY17

LEAD POISONING

Childhood lead exposure continues to be a priority in Allegany County due to the many homes built prior to 1950. The Lead Poisoning Program provides comprehensive nurse case management for children with lead poisoning. Efforts include collaboration with a team of professionals to conduct home lead inspections and facilitate the steps to reduce lead





levels in the home. The Lead Program also works closely with local pediatricians to assist with follow-up care for children with lead poisoning.

 350 case management contacts were made to children and families in FY17

SCHOOL HEALTH

Allegany County has 22 public schools and approximately 8,700 students. The Allegany County Health Department collaborates with the Allegany County Board of Education to provide student health services through the School

Nurse Program. School Nurses care for

students with acute illnesses and injuries, manage chronic health conditions, administer medications, conduct health screenings, and take part in health education and wellness activities.

78,847 visits

were made to School

Nurses during the 2016-

2017 school year

 School Nurses administered 45,573 doses of prescription medication during the 2016-2017 school year

TEEN PREGNANCY PREVENTION

Approximately 8.9% of the births in Allegany County are to mothers less than 20 years of age compared to 4.4% in Maryland. The Allegany County Health Department partners with the Board of Education and Riverside YMCA to deliver an evidence-based curriculum to adolescents on pregnancy prevention and sexually transmitted infections.

• 664 youth received the curriculum in FY17

HEALTH CARE FOR JUVENILE SERVICES YOUTH

The Adolescent Clinic at the health department provides comprehensive health care to incarcerated youth who reside at the Department of Juvenile Services (DJS) Youth Centers. Increasingly, youth are admitted with multiple mental health diagnoses, complicated drug and alcohol addictions, and chronic health conditions. The Adolescent Clinic provides on-site and off-site medical, dental, and mental health care to the youth in the four centers.

- 1,685 youth contacts for medical, dental and behavioral health services
- 3,541 contacts for youth by the nurse at one of the four DJS Youth Centers

CHILDREN AND PEOPLE WITH SPECIAL HEALTH CARE NEEDS

The Children and People with Special Health Care Needs (CPSHCN) Program provides care coordination services for families with children and youth (ages birth to 21) with chronic physical, developmental, behavioral, or emotional conditions. The program also supports a University of Maryland Genetics Clinic held three times per year at the Allegany County Health Department.

- 49 children were case managed in the CPSHCN program with 571 case management contacts in FY17
- 29 children were seen in the University of Maryland Genetics Clinic in FY17

Improving Access to Care for Underserved Populations

CHILDREN'S HEALTH INSURANCE

It is estimated that 1.9% of Allegany County children are uninsured. The Maryland Children's Health Program (MCHP) and Families and Children's Medical Assistance (FAC) Programs provide free or low-cost health insurance for income-eligible children, pregnant women, parents, and other family members caring for children.

- New health insurance applications were processed for 1,551 children, 360 pregnant women, and 1,395 adults in FY17
- 1,207 residents were assisted in renewing their insurance

MEDICAL ASSISTANCE CARE COORDINATION

Approximately 30% of all Allegany County residents are receiving Maryland Medical Assistance. In an effort to improve access to health care and decrease unnecessary hospital visits, the Administrative Care Coordination Unit (ACCU) program provides short-term care coordination for Medical Assistance enrollees. Services include education regarding health coverage, assistance in obtaining medical providers, and help resolving access to care issues.

- 3,057 clients were assisted through service coordination in FY17
- 302 education and outreach visits were made to health care provider offices in FY17

MEDICAL ASSISTANCE TRANSPORTATION

Approximately 16% of Allegany County residents reported they have missed a health appointment because of lack of transportation. Getting to medical appointments can be especially difficult for individuals who have limited income, do not own a vehicle, or have physical limitations. To improve access to care, the Non-Emergency Medicaid Transportation Program provides clients with Medical Assistance transport to medical appointments.

28,567 rides provided in FY17

NURSE MONITORING

The Nurse Monitoring Program provides case monitoring and arranges for personal care for clients with Medical Assistance. Personal care includes help bathing, dressing, and other activities of daily living to prevent clients from needing to move into a nursing home or other institution.

 More than 2,300 hours of Nurse Monitoring services were provided in FY17



SENIOR CARE

More than 19% of Allegany County's population is age 65 or older compared to 14.6% in Maryland. Some older adults experience functional limitations that prevent them from carrying out everyday tasks. The Senior Care Program provides assistance with chores, personal care, respite, personal service, personal emergency response systems, limited medical supplies, and medication copayments for low-income adults ages 65 and older with functional impairments.

 5,413 hours of in-home services were provided in FY17

Managing Chronic Disease

CHRONIC DISEASE PREVENTION

Heart disease, stroke, and diabetes are among the leading causes of death in Allegany County. The Chronic Disease Prevention Program works to improve the health of Allegany County residents by promoting wellness, changing the environment to encourage healthy behaviors, linking residents to evidence-based chronic disease programs, and encouraging increased screening for chronic disease risk factors.

- 1,887 employees were reached with worksite wellness activities in FY17
- 4 pharmacies and 2 dental offices partnered on hypertension screening and education
- 2 community organizations collaborated to promote walking

BREAST AND CERVICAL CANCER

Breast cancer is the second leading cause of cancer death among women in Maryland. The Breast and Cervical Cancer Screening Program (BCCP) provides breast and cervical cancer education, and funds screening and treatment for Maryland residents who meet age and income guidelines. Patient navigation services are also provided to those who have full insurance coverage but need assistance navigating the complex health care system to fully complete screenings for breast and cervical cancer.

- 156 clients were screened for breast and cervical cancer in FY17
- 32 clients received case management for diagnostic/ treatment services and 46 clients received navigation support
- 5 cancers were diagnosed through the program

COLORECTAL CANCER

Colorectal cancer is preventable with early removal of polyps in the rectum and colon, before they become cancerous. The Colorectal Cancer Screening Program provides education and colorectal cancer screening and treatment services for adults who meet residency, age, and income guidelines. Patient navigation services are also provided to those who have full insurance coverage but need assistance navigating the complex health care system to fully complete screenings for colorectal cancer.

- 42 clients were screened for colorectal cancer in FY17 and 20 of those clients had precancerous polyps removed
- 12 clients received navigation support

SKIN CANCER

There are three major types of skin cancer. Basal cell and squamous cell carcinomas are the most common types of skin cancer and melanoma is less common but is the most serious. In July 2017, the health department began a new skin cancer program. The program provides education and skin cancer screening, as well as diagnostic and treatment services for adults who meet residency, age, and income guidelines.

- 11 clients were screened for skin cancer in FY17
- 2 cancers were diagnosed in FY17



HUMAN IMMUNODEFICIENCY VIRUS (HIV)

Approximately 74 people are living with HIV in Allegany County and an estimated 13% more people have the infection and are unaware. The HIV Program provides free HIV testing and ongoing support for clients living with HIV. In collaboration with the Johns Hopkins Hospital Moore Clinic, a clinic is held two days per month to provide specialized HIV care.

- 60 clients received HIV case management in FY17
- 73 clients received specialized HIV clinical care through the health department Johns Hopkins Clinic in FY17
- 620 HIV tests were conducted in FY17



Preventing Substance Use

TOBACCO PREVENTION AND CESSATION

In Allegany County, youth tobacco use (18.7%) and adult cigarette use (16.3%) have declined over the past several years. However, rates remain high for pregnant women that smoke (24.3%) and youth that have used vapor products (48.7%). The Health Department provides free smoking cessation services, educates children and adults on the dangers of tobacco and e-cigarette use, and provides education and services for pregnant women that smoke. The health department also partners with law enforcement on tobacco sales compliance checks to ensure that retailers are not selling tobacco products to kids.

- 151 adults participated in tobacco cessation services in FY17
- 6,301 youth were educated through community outreach efforts in FY17
- 201 tobacco compliance checks were conducted by law enforcement in FY17

DRUG AND ALCOHOL PREVENTION

When Allegany County high school students were asked about their substance use in the last 30 days, 33% reported drinking alcohol and 35% reported using marijuana. The

health department educates youth and adults about the danger of substance use/abuse, conducts drug and alcohol prevention media campaigns, empowers community groups to implement prevention strategies, supports alcohol compliance checks to reduce youth access, and provides training on alcohol laws to individuals that sell and/or serve alcohol.

- 9,306 youth were educated through outreach efforts in FY17
- 205 alcohol compliance checks were conducted in FY17
- 73 individuals that sell/serve alcohol were trained on alcohol laws

OPIOID MISUSE PREVENTION

In 2017, there were 413 non-fatal overdoses and 35 overdose deaths in Allegany County. The Opioid Misuse Prevention Program implements outreach efforts to educate the public about the dangers of prescription pain medication misuse and heroin abuse. Outreach activities include traditional and social media campaigns, presentations and community events, trainings for health and social service providers, and Sheriff's Town Hall meetings.

- 13,788 reached through community events and presentations
- 55,000 reached through media outreach

PRESCRIPTION DRUG TAKE-BACK

In an effort to reduce illegal sales of prescription drugs, four permanent prescription drug drop-off sites have been established at law enforcement agencies in the county: Allegany County Sheriff's Office, Cumberland City Police Department, Frostburg City Police Department, and Maryland State Police. These drop-off sites provide a safe place for community members to dispose of unused expired medications. Law enforcement also conducted mini takeback events and provided medication pick-up services for homebound individuals.

873 pounds of medication were collected in FY17

OVERDOSE PREVENTION

Drug overdose deaths have risen steadily in Maryland since 2010 and a statewide strategy is being implemented to reduce overdoses involving opioids such as prescription



painkillers and heroin. The Overdose Response Program trains law enforcement officials and community members to administer naloxone, a medication used to counter the effects of opiates to prevent overdose deaths.

- 30 law enforcement officials and 537 community members received naloxone training in FY17
- 80 known naloxone administrations in FY17

Providing Clinical Services That Are Limited in the Community



DENTAL HEALTH

In Allegany County, low-income, uninsured adults are most likely to experience poor access to dental care. The Dental Program provides clinical services for children and pregnant women with Medical Assistance, extractions for adults, urgent care for low-income adults and Department of Juvenile Services youth, dental care for older adults attending HRDC senior centers, dental sealants in schools, screenings and fluoride varnish for Head Start children, and oral health education. In 2017, the Dental Program began providing immediate emergency dental treatment to patients reporting to the Western Maryland Health System emergency department with dental pain.

- 4,828 clinical visits for low-income children and adults in FY17
- 895 children received dental sealants on 2,477 permanent molars in the School-Based Sealant Program in FY17

INPATIENT ADDICTION TREATMENT

The Joseph S. Massie Unit is an adult inpatient substance abuse treatment program run by the Allegany County Health Department. In 2017, the Massie Unit expanded from 25 beds to 45 beds in an effort to serve more adults in the midst of the current opioid epidemic. Services at the Massie Unit include individual and group counseling, family counseling, psycho-educational groups, leisure/recreational activities, fellowship meetings, medical services, psychiatric consultation as needed, and aftercare services.

468 patients were admitted to the Massie Unit in 2017

OUTPATIENT ADDICTION TREATMENT

Addiction affects people from all walks of life. National data show that more than two-thirds of American families have been touched by alcohol or drug addiction. The health department provides outpatient addiction treatment services for adolescents and adults, an Intensive Outpatient Program for adults, peer support, gambling treatment, DWI education, and care coordination. New clients can walk in Monday through Friday 8:30 am to 3:00 pm and be seen right away.

 11,162 outpatient addiction visits by 685 individuals in FY 17

OUTPATIENT MENTAL HEALTH SERVICES

Every year, about 42.5 million American adults (18.2% of U.S. adults) suffer from some type of mental illness, enduring conditions such as depression, bipolar disorder or schizophrenia. The Outpatient Mental Health Center provides mental health services to individuals ages three and over

including individual, family and group therapy, intensive outpatient, mobile treatment services, and medication evaluation and management.

 1,445 individuals were served in FY17 (910 adults and 535 children/adolescents)

Supporting Mental Health

CORE SERVICE AGENCY

The Behavioral Health System's Office (BHSO) is responsible for planning, managing, and monitoring publicly funded mental health and substance use disorder services within the county. The BHSO works collaboratively with community partners to meet the needs of individuals with behavioral health issues and promotes public education related to mental health. In 2017, the BHSO supported trainings on Mental Health First Aid, Developmental Assets, Crisis Intervention Training for law enforcement personnel, and Mental Health First Aid for correctional staff.

- 214 individuals trained in Mental Health First Aid in FY17
- Responded to 72 calls for help from the community in FY17

SPECIALTY YOUTH BEHAVIORAL HEALTH SERVICES

Children with intensive behavioral health needs, without intensive intervention, frequently end up in more restrictive, out-of-home placements. The Integrative Therapeutic Family Services and Mobile Crisis and Stabilization Services programs provide short-term, specialized supports to youth experiencing emotional and behavioral issues and their caregivers. During FY17, 70% of youth served by these programs successfully remained at their current level of care or moved to a less restrictive level of care.

- 241 therapeutic outings were conducted in FY17
- 101 family meetings and 17 parent support groups were held in FY17

HOMELESS/HOUSING SERVICES

Approximately 15% of homeless individuals in Maryland suffer from serious mental illness and 17%

> suffer with chronic substance use. The Behavioral Health System's Office assists these individuals through: The Projects for

Assistance in Transition from Homelessness (PATH) Program which provides care coordination and referral to housing and support services; the Continuum of Care Program which provides rental subsidies and support services; and Homeless Resource Day, a day when community partners come together to connect homeless individuals with a wide range of local resources.

- 36 clients served by the PATH program in FY17
- 36 individuals provided with housing assistance and support in FY17

TRANSITION FROM INCARCERATION

According to the Maryland Department of Corrections, about 25% of Maryland prison inmates have a mental illness. Strong community linkages are critical to preventing homelessness, inpatient hospitalization, and re-incarceration among this population. The New Horizons Re-entry Program provides pre-release planning for individuals in local facilities as well as case management and support services for individuals upon their release.

594 services provided to 116 clients in FY17

Protecting Against Environmental Hazards



FOOD PROTECTION

In FY17, Allegany County had 424 food service facilities operating in the county. The Food Protection Program issues annual permits to each of these facilities and conducts inspections to ensure food is prepared in compliance with State of Maryland regulations. Temporary facilities, such as food stands at fairs and events, are also inspected for compliance.

- 929 food service inspections were conducted in FY17
- 63 temporary facilities were inspected and permitted in FY17

WATER AND SEWER

In Allegany County, 13% of residences have private septic systems and 10% have private wells. The Onsite Water and Sewer Program reviews and approves properties in the county for installation of onsite wells and septic systems.

- 13 septic system construction permits were issued in FY17
- 43 well permits were reviewed and processed in FY17

PUBLIC POOLS AND BEACHES

Allegany County has 23 swimming pools and beaches open to the public. The health department inspects public pools and beaches to ensure their safety for community use.

- 198 inspections were conducted on public swimming pools in FY17
- 9 bathing beach inspections were conducted in FY17

RABIES

Rabies is a preventable viral disease of all mammals that is transmitted by the bite of a rabid animal. The Rabies and Zoonosis Control Program protects the animals and residents of the county by investigating potential rabies cases and conducting public rabies vaccination clinics.

229 rabies investigations conducted and 34 specimens

- submitted for testing in FY17
- 434 rabies vaccinations provided at 2 public rabies clinics in FY17

PUBLIC HEALTH NUISANCES

The health department investigates public nuisance complaints. Public health nuisances include conditions that affect health, safety, or welfare such as an excessive accumulation of garbage, unsanitary animal enclosures, a contaminated water supply, a mosquito or vermin harborage, or improper handling of substances that are poisonous to humans or animals.

- 112 public health nuisance complaints were investigated in FY17
- 2520 burning permits were issued in FY17

Preparing for Emergencies

TRACKING ILLNESS IN SCHOOLS

The Maryland Department of Health Office of Preparedness and Response partners with Boards of Education and acute care hospitals to track potential illnesses across the State. Using a web-based computer program called ESSENCE, the Allegany County Health Department tracks numbers of emergency room visits and students absent from local public schools as a means to monitor outbreaks of illness.

 22 public schools and 1 hospital reported ESSENCE data during the 2016-2017 school year

PREPARING FOR EMERGING INFECTIONS

Emerging infectious diseases are diseases whose incidence in humans has increased over the last 20 years or threatens to increase in the near future. Multiple health department programs collaborate on surveillance, prevention, and control of emerging infectious diseases. Efforts include educating health care providers and the public, developing policies and protocols, and working with partners to develop community response plans.

- 4 Zika outreach/education events were conducted and 154 Zika prevention kits were dispersed
- A Local Bulk Shipment Site Plan was developed to prepare for receiving medical supplies in the event of an emergency

Issuing Vital Records

VITAL RECORDS

The Allegany County Health Department issues birth certificates to individuals who request a certificate and were born in the state of Maryland. Death certificates are issued to funeral directors and family members upon request.

- 3,016 birth certificates were issued in FY17
- 4,591 death certificates were issued in FY17



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